Vancouver metro

MONDAY, MAY 2, 2016

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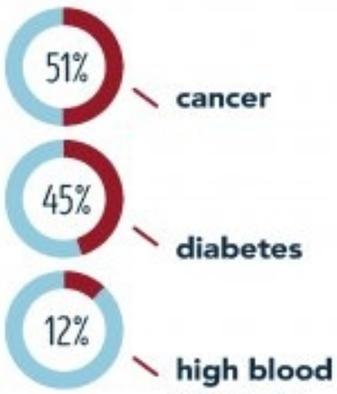
Canadians have a much higher awareness of cancer and diabetes than of high blood pressure.



FACT

HIGH BLOOD PRESSURE IS A LEADING RISK FACTOR FOR DEATH DUE TO HEART DISEASE AND STROKE.

The **SILENT KILLER**

AN ESTIMATED **1 IN 6** PEOPLE

DON'T KNOW THEY HAVE HIGH BLOOD PRESSURE.

6,000,000 CANADIAN adults have high blood pressure.

59% of Canadians are concerned they will develop high blood pressure.

FACT

90% of Canadians will develop high blood pressure during their lifetime.

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FACT

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Most Canadians think that high blood pressure is more common in men than in women.

FACT

By age 60, high blood pressure is more common among women—with more than half of all women being diagnosed with high blood pressure.

Canadians tend to believe that lifestyle is a greater cause of high blood pressure than age.

FACT

The risk of high blood pressure increases with age. More than 50% of people over 60 have high blood pressure.

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Vancouver metro

Your essential daily news | MONDAY, MAY 2, 2016

High 24°C/Low 13°C Sunny

MALIA OBAMA
First daughter reveals her plans after the White House
metroLIFE

Daniel Kipkoech gets a hug at the finish line of the BMO Vancouver Marathon on Sunday. He won the race with a time of 2:21:04.
TEREZA VERENCA/METRO

GOING THE DISTANCE

More than 16,500 runners took part in the 45th annual BMO Vancouver Marathon
metroNEWS

Realtor sexually assaulted during an open house

SURREY

Police still searching for the suspect

Thandi Fletcher
Metro | Vancouver

Mounties are investigating after a real-estate agent was sexually assaulted inside a Surrey home while holding an open house Saturday.

Surrey RCMP spokeswoman Sgt. Alanna Dunlop said the incident happened at about 4:10 p.m. when an unknown man visiting an open house at a residence in north Surrey sexually assaulted a female real-estate agent.

The victim, who was alone in the residence, was able to fight him off. After he fled the home, she called 911, said Dunlop.

Although the victim was not physically injured, Dunlop said the assault left her shaken.

"(This is) obviously a traumatic thing when you're conducting your work and this happens," she told Metro. "But fortunately no injuries were sustained from this incident."

She said police searched the area for the man but could not find him.

The suspect is described as South Asian, in his late 20s to mid 40s, between five-foot-five and five-foot-eight with brown eyes and a dark brown, well-groomed beard.

At the time of the assault, he was wearing dark-coloured pants and a light-coloured shirt and a white turban. He spoke with an accent, according to police.

Dunlop said investigators have spoken to witnesses and are canvassing the neighbourhood for video surveillance.

Although there was nobody else at the open house at the time of the assault, Dunlop said investigators are hoping someone may have noticed the suspect before he entered the residence.

"Real estate being very active right now, an open house is a common thing going on," she said. "We are hopeful that there may be some people who were around before this occurred in the area."

While police believe the assault is an isolated incident, Dunlop issued a warning to real-estate agents, urging anyone holding an open house to be "cautious and aware."

"When you're having an open house, you're conducting it so that anyone from the public can walk in," she said. "You need to consider it as if you're in any public area, and use the usual cautions that you would use for personal safety."

Anyone with information about the suspect is being asked to call Surrey RCMP at 604-599-0502 or Crime Stoppers, if they wish to remain anonymous, at 1-800-222-8477.

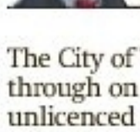
metro NEWS
Your essential daily news

Edible pot may be harmful to children, report says. **Canada**

Dispensary crackdown begins

MARIJUANA

Several shops have been fined as the city's deadline passes



Matt Kieltyka
Metro | Vancouver

The City of Vancouver followed through on its threat to punish unlicenced marijuana dispensaries this weekend.

More than 100 refused dispensaries under the city's new regulatory regime were told to close by Saturday or risk fines of $250 and eventually possible court injunctions.

Marijuana advocate Jodie Emery — who coincidentally marked the opening of a Cannabis Culture-branded dispensary on Beatty Street Friday — told Metro some dispensaries have indeed closed shop or are looking at new locations.

Others, she said, reported being visited by bylaw officers and issued fines for remaining during the weekend.

"City bylaw officers were out in full force," said Emery. "I know of four or five that were given tickets, and I'm sure there are more I haven't heard of."

A man displays some of the marijuana for sale at a dispensary in downtown Vancouver on May 1, 2015. DARRYL DYCK/THE CANADIAN PRESS

To date, only seven medical-marijuana-related use (MMRU) businesses have been granted permits by the city.

Thirteen others are under review. The rest had until April 29 to find a new location or close.

Dozens more, including the Cannabis Culture dispensary, are appealing at the Board of Variance, which has MMRU hearings scheduled well into the fall.

The city has said the new framework, in lieu of legalization at the federal level, gives it the ability to get a handle on a previously unregulated industry that has grown exponentially in recent years.

The new regulations prevent shops from being located within 300 metres of schools, community centres, youth facilities and other medical marijuana shops.

> **"City bylaw officers were out in full force."**
> Jodie Emery

Opposition Non-Partisan Association councillor Melissa De Genova has called the crackdown a waste of time and resources, while marijuana advocates and business owners have called the city's ramped-up enforcement harsh.

"It's not justifiable," said Emery, citing polls showing strong public support for the legalization of marijuana and for people being able to access the drug.

In protest of the city's perceived "bias" against the marijuana industry, this year's Global Cannabis March on Saturday will end at Vancouver City Hall, she said.

"(City staff) won't be working that day but we're going to send a message," she said.

A spokesperson for the City of Vancouver said it will announce Monday how many tickets were handed out over the weekend.

— WITH FILES FROM NEAL HALL

Stroke and Hyperbaric Oxygen Study

We would like to invite persons (ages 19-85) who have had a stroke in the last 6 months to three years to take part in a research study about Hyperbaric Oxygen as a treatment for stroke (44 visits over 14 months). The Hyperbaric Oxygen and Stroke study is undertaken by the University of BC and run out of the Hyperbaric Unit at Vancouver General Hospital. The program will be provided free-of-charge to all participants.

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Teen killer asks for day parole

HEARING

Kelly Ellard drowned a peer in 1997

Almost two decades since an ostracized 14-year-old was swarmed, viciously beaten and then callously drowned near a Victoria bridge, Reena Virk's most notorious killer is asking for release.

Kelly Ellard was 15 years old in November 1997 when she smashed Virk's head against a tree and then held the Grade 9 student's head underwater until she stopped moving.

Ellard is scheduled to attend her first day-parole hearing on Tuesday, seven years after the Supreme Court of Canada rejected an appeal of her second-degree murder conviction.

She has waived her right to a full parole hearing four times while serving her life sentence but has remained eligible for day parole and applied for release several months ago.

Ahead of the hearing, Virk's grandfather said the family no longer believes Ellard can redeem herself.

"If she had admitted (her role) and if she had told the truth, then it would have been much better for our conscience, our pain, our satisfaction," said Mukand Pallan, 86, from his home in Victoria.

"The way she behaved, we're very, very mad about it. It doesn't seem right. She's not a good girl; she doesn't deserve any help."

Members of the Virk family showed compassion for many years toward Ellard, three other girls convicted of assault and Warren Glowatski, who was also found guilty of second-degree murder in the teen's death.

They no longer believe Ellard, now 33, will change but will trust the federal parole board to make the correct decision, Pallan said.

"It is very painful, but there's nothing too much we can do about it anymore."

Virk's parents, Manjit and Suman, have taken a vacation in order to avoid media attention, Pallan added.

The attack focused a national spotlight on bullying and teen violence, particularly among girls.

The murder happened late in the evening after Virk joined a group of teens gathered outside a local school to drink and smoke pot. She was assaulted until bloody by several teens and then crossed a bridge, pleading to be left alone. Successive trials heard that Ellard and Glowatski followed.

During Ellard's third trial, a pathologist testified Virk's brain was swollen and she suffered at least 18 forceful blows to her body. She died from drowning and her body was found adrift in a local inlet.

Ellard was put on trial for murder as an adult.

A jury found her guilty during the first trial in 2000, but the verdict was overturned and a new trial ordered when the B.C. Court of Appeal determined the Crown had conducted cross-examination improperly.

She testified during her second trial in 2004, sobbing and insisting she "never crossed the bridge." The jury was unable to reach a verdict.

Ellard didn't testify during her third trial in 2005. She was convicted and then won an appeal, but Canada's highest court rejected the case and restored the conviction. THE CANADIAN PRESS

Kelly Ellard and her father, Lawrence, leave the Vancouver courthouse on March 30, 2000. ADRIAN WYLD/THE CANADIAN PRESS

EDUCATION

School board votes down the budget

Tereza Verenca
For Metro | Vancouver

In a 5-4 split decision, the Vancouver School Board has voted against a controversial budget that would have eliminated at least 160 jobs as part of $24 million in proposed cuts for the upcoming school year.

Lone Green Party trustee Janet Fraser cast the deciding ballot during the April 28 meeting, saying it was "the most difficult decision" she's ever had to make as an elected official.

"The scale and scope of the cuts will affect every school and student in our district, and will be particularly painful in neighbourhoods where parents can't afford to fill in the gaps," Fraser wrote in a blog post prior to the meeting.

"I cannot live with the level of cuts the province is forcing us to make. I've heard too many people tell me how the cuts will impact their lives; the only way to change this is to make this current Liberal government know (that their cuts to public education are) unconscionable. It has to become a provincial election issue," she said in a later statement.

Under the provincial School Act, boards must pass a balanced budget or face being fired. If that were to happen, the board would be replaced with a provincially-appointed trustee, who could remain at the helm until the next civic election in 2018.

All four NPA trustees and the education minister have said they're "disappointed," while the Vancouver School District Parent Advisory Council has said they support the vote.

VSB has till June 30 to submit its final budget to the province.

IN BRIEF

Bus union votes yes to strike action

Two unions representing Coast Mountain Bus Company employees and Unifor locals 111 and 2200 voted 98 per cent in favour of strike action, if necessary.

A bulletin posted by the joint bargaining committee late Thursday night says that it is still committed to working out a collective agreement with the company, and further talks are scheduled for May 9.

The strike vote is legal for 90 days.

A statement released on behalf of CMBC says that the union has not given any indication of providing a strike notice and that it doesn't anticipate any disruption to bus service at this time. Talks continue.

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Man charged with sex assault at UBC

Thandi Fletcher
Metro | Vancouver

A 28-year-old man is facing charges over an alleged sexual assault at an apartment building on the UBC campus early Saturday.

David Singh Tucker of the University Endowment Lands has been charged with three counts of sexual assault causing bodily harm, three counts of forcible confinement, breaking and entering, robbery and wearing a mask with intent to commit an indictable offence, according to University RCMP.

Yuan Zhi Gao, 23, of Vancouver, has also been charged with breaking and entering to commit robbery in connection with the Saturday incident, police said.

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Kenyan top runner at Vancouver Marathon

ATHLETICS

More than 50 countries represented

Tereza Verenca
For Metro | Vancouver

More than 16,500 runners arrived at Queen Elizabeth Park on Sunday to take part in the 45th annual BMO Vancouver Marathon.

Daniel Kipkoech from Kenya came first, finishing the 42-kilometre race in 2:21:04, followed by Ethiopia's Habteselassa Lemma Gemechu with a time of 2:23:29.

Ethiopia's Hirut Guangul was the first woman finisher (2:39:52), followed by Allison Macsas from the U.S. (2:42:07). North Vancouver's Ellie Greenwood placed third in her category — 35 to 39 — with a time of 2:45:21.

Besides the marathon, which covered 12 neighbourhoods, six beaches and three parks, there was also a half-marathon and an eight-kilometre race. The latter began in Stanley Park, but everyone crossed the finish line on West Pender and Bute streets.

"It was absolutely beautiful," Carol Capps told Metro after her 21-kilometre walk. "The three of us are turning 70 this year and we do half-marathons as a way to keep in shape, and this is my 22nd."

"You don't ruin joints, so you save your knees, you save your hips," she jokingly said about the group's decision to walk versus run.

For Doreen Lang, the BMO event was her seventh but one she said carried a very important message. Decked out from head to toe in pink, Lang sported a shirt that read Team Finn. Finn Sullivan, a friend of the family, died at the age of three after being diagnosed with a rare form of cancer that affects children.

"By us being out here, being pink and being joyful, is just to honour his memory and to celebrate that it matters how you live, not how you die," she said wearing her rose-coloured sunglasses. "I keep coming out because I can, and it's to remember those who cannot run anymore."

Thousands of runners and walkers crossed the marathon finish line downtown on Sunday. TEREZA VERENCA/METRO

Holli Griffin and Shannon Banal, meanwhile, ran the eight-kilometre race. It was a first for the pair, who are both members of the West Van Run running club.

"It was a little painful. It was hard," Banal admitted. "I never ran eight (kilometres) before, so it was different. I wasn't quite sure what pace to run. It was all kind of a guessing game."

This year's BMO Vancouver Marathon had a "mass start," so everyday runners got a chance to run behind the elite athletes.

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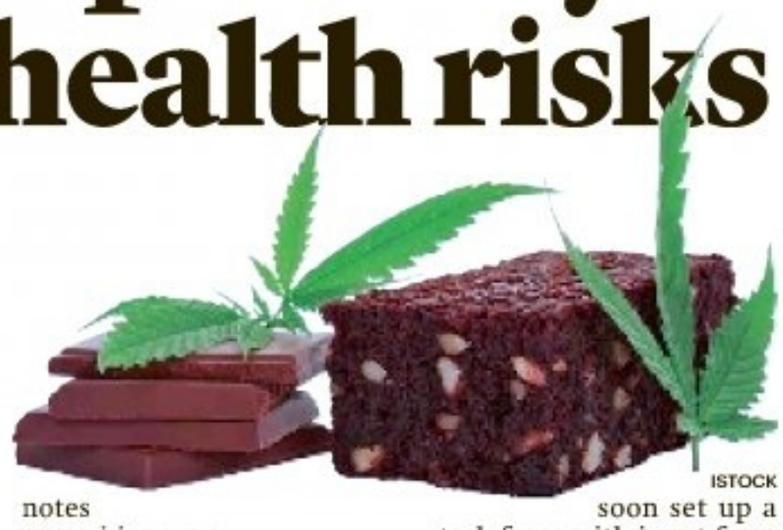
Edible pot may pose health risks

POLITICS

Liberals plan to introduce new marijuana legislation


ISTOCK

Bite-sized marijuana goodies such as candies and cookies pose "significant risks" to children who might accidentally swallow them, warns a draft federal discussion paper on pot legalization.

It flags the public-safety concern as one of the many obstacles Canada must negotiate on the path to regulating the drug, drawing on tragic lessons from Colorado.

Justin Trudeau's Liberal government says legalizing marijuana will keep pot out of the hands of children and deny criminals the profits of shady, back-alley dealing.

However, the December draft paper, obtained by The Canadian Press through the Access to Information Act, notes marijuana is available in many different forms — including some especially attractive to youngsters — in a number of the jurisdictions that have legalized regimes.

The Liberals plan to introduce legislation next year to remove marijuana consumption and incidental possession from the Criminal Code and create laws to more severely punish those who provide pot to minors, drive while under its influence or sell it outside the new framework.

The government intends to soon set up a task force with input from experts in public health, substance abuse and policing to design a new system of strict marijuana sales and distribution.

In the United States, Alaska, Colorado, Oregon, Washington and the District of Columbia permit recreational marijuana use by those 21 years or older.

Some 45 per cent of Colorado's marijuana sales involve edible forms such as food, drink or pills, according to the U.S. Centers for Disease Control and Prevention.

THE CANADIAN PRESS

POLITICS

P.E.I. braces for Duffy's return

Canadians could be forgiven for assuming P.E.I. residents are all feeling a sense of relief as Sen. Mike Duffy prepares to return to the Senate this week after a three-year hiatus punctuated by intrigue, scandal and, finally, vindication in a court of law.

But that's not the way things work on the Island, where there are lingering doubts about Duffy's connection to Canada's smallest province.

On the streets of Charlottetown, where the icy wind off the Northumberland Strait keeps the city in a deep freeze, residents say they understand why the former TV personality was cleared last month on all 31 charges of fraud, breach of trust and bribery.

But that doesn't mean they're ready to accept what happened.

"There really didn't seem to be any laws broken, and you can't be found guilty of something if there's no rules," said Charlottetown resident Scott MacBurnie, commenting on the Senate's vague spending rules and residency requirements that were at the heart of Duffy's trial.

"But it's embarrassing to think that he's a senator from P.E.I. and that he's still a senator. I'm embarrassed for the Island.... You'd think he would be decent enough to say I'm not really a senator from P.E.I. because I don't live there, and he would step down rather than going back."

THE CANADIAN PRESS

CRIME

Alberta firefighter faces arson charges

A firefighter who battled the flames that destroyed a railway trestle bridge northwest of Edmonton last week has now been charged with setting the fire, as well as others in and around his community.

RCMP say Lawson Michael Schalm, 19, of Mayerthorpe faces 18 counts of arson following an investigation into a recent rash of fires, including the one on the CN bridge on April 26.

The chief of the town's fire department, Randy Schroeder, says Schalm is the son of a former mayor of Mayerthorpe and joined the department as a junior member when he was 15.

He became a full member when he turned 18.

Schalm is being held in custody and is scheduled to make his first court appearance on the arson allegations in Stony Plain Provincial Court on Wednesday. THE CANADIAN PRESS

IN BRIEF

Return of the census

Call it the start of Canada's biggest big-data push.

Monday marks the start of mailings from Statistics Canada of census surveys, including the return of the mandatory, long-form questionnaire that was replaced with a voluntary survey five years ago.

Statistics Canada says more than 15 million households will receive census letters over eight days, along with reminders to fill the form out by hand or online. THE CANADIAN PRESS

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Militants free 10 hostages

PHILIPPINES

Abu Sayyaf group releases kidnapped crewmen

Abu Sayyaf militants have freed 10 Indonesian crewmen who were seized at sea in March in the first of three attacks on tugboats that have sparked a regional maritime security alarm, officials said Sunday.

The Indonesians appeared to be in good health when they were dropped off Sunday afternoon in front of the house of Sulu province's governor in the town of Jolo, said the town's police chief, Junpikar Sitin. The 10 men were then brought to a Philippine military camp and arrangements were underway to turn them over to Indonesian officials.

A photo seen by The Associated Press shows the sunburned men in fresh shirts eating rice and chicken with Sulu's governor on a veranda beside a Japanese-style garden in his house. In another photo, some of the men are puffing cigarettes and enjoying coffee while resting on chairs.

Jolo's mayor, Hussin Amin, welcomed the release of the Indonesians, but said he did not know whether a ransom had been paid.

"If this big release came in exchange for money, those who paid are supporting the Abu Sayyaf," he said. "This money will be used to buy more firearms and will be utilized as mobilization funds by these criminals."

Indonesian President Joko "Jokowi" Widodo thanked the Philippines and the "many parties" in Indonesia who cooperated to secure the release of the hostages.

THE ASSOCIATED PRESS

Princess Charlotte turns one year old on Monday. AFP/GETTY IMAGES

BRITAIN

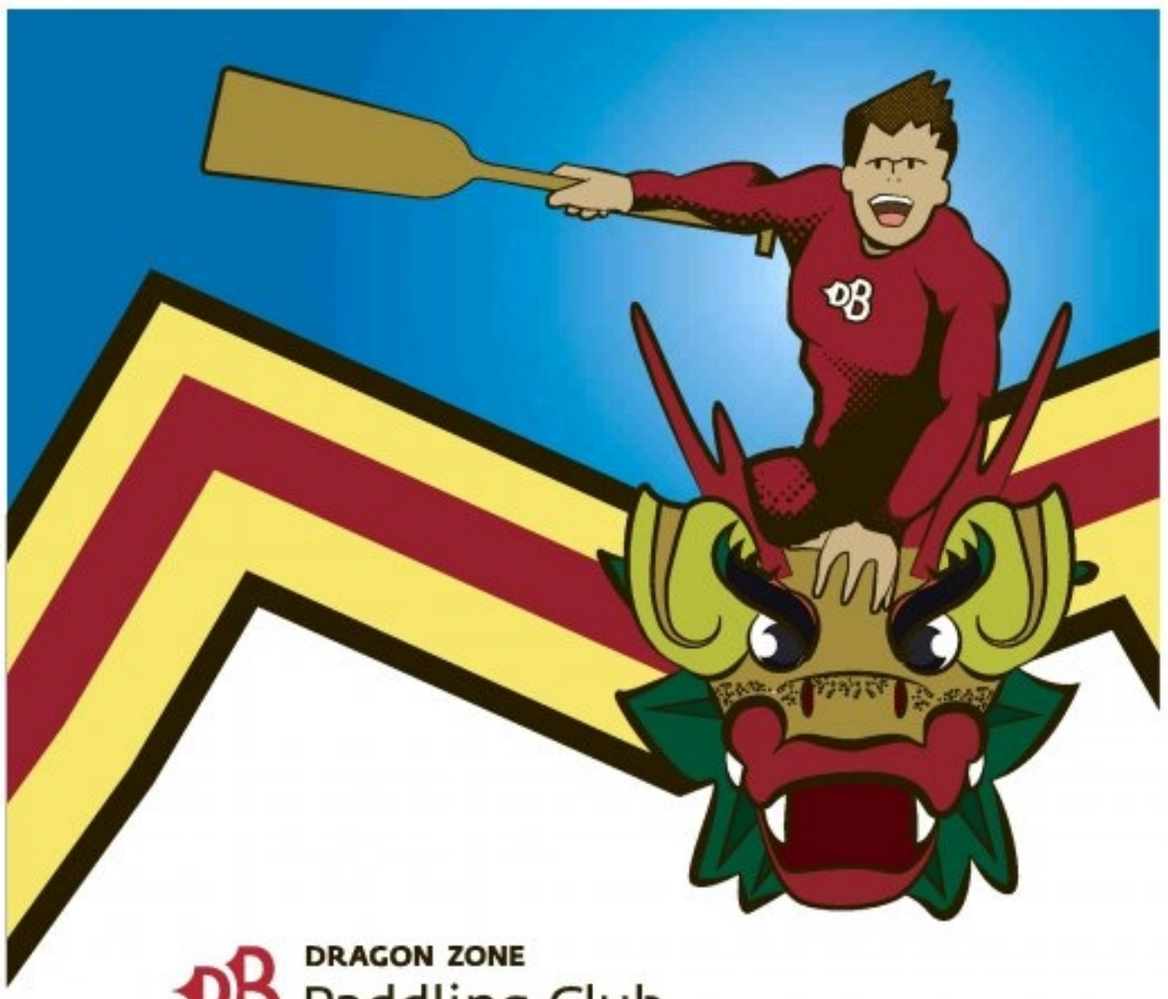
Happy birthday to a princess

New photographs of Britain's Princess Charlotte playing at her family's country home were released by the royal family on Sunday to mark the little girl's first birthday, which falls on May 2.

The photographs were taken by her mother, Catherine, Duchess of Cambridge, in April 2016 at Anmer Hall, the secluded house in Norfolk, eastern England, where the family spends much of its time.

In one of the photos, the princess is happily playing outside in the garden, while in another, she is staring off into the distance. In all the photos, the princess looks adorable with her hair parted to the side, donning a blue or pink bow.

AFP/GETTY IMAGES & METRO



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metro VIEWS
Your essential daily news
Monday, May 2, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

My mother-in-law finally found me on Facebook and wants to be friends. I'm not really accepting new friend applications right now (especially not from her). How do I navigate?

Dear Ellen,

My mother-in-law finally found me on Facebook and wants to be friends. I'm not really accepting new friend applications right now (especially not from her). How do I navigate?

Anonymous

Dear Anonymous,

Strangely, this is not the first time I've been asked this exact question — which I mention only to assure both mothers-in-law and their would-be evaders on Facebook that they're not alone; and also, in case any suspicious mothers-in-law are reading this column, to make it more difficult for them to pinpoint which wretched son- or daughter-in-law doesn't want to friend them.

In terms of etiquette, it's perfectly acceptable to ignore or decline friend requests from strangers, unknown friends of friends, workplace acquaintances or neighbourhood stalkers. Nor should you have the slightest qualm about instantly deleting a friend request from a mother-in-law from whom your spouse is estranged.

But if she's in your life, and you want to be on good terms with her, and she's savvy enough to see through your bald-faced lies about not being on Facebook, or not receiving her requests, you have little choice but to accept.

I duly acknowledge the countless ways in which this could ruin Facebook for you: endless photos of food, animal hijinks, inspirational sayings, painfully outdated gifs or racist jokes, etc. A steady torrent of this kind of sludge can fatally clog up any timeline, but if it gets too bad, you can always use the little arrow at the top right corner of her latest post to "Unfollow" or "Hide all" from her.

If she then phones you directly to demand why you didn't like her photo captioned "Family garage at sunset," you may have to risk hurting her feelings with the truth: that you are secretly employed by a covert government agency fighting industrial espionage, and you can't risk exposing vulnerable family members on social media.

But, tell me, Anonymous, am I right in presuming your reluctance has as much to do with what's in your own timeline as with what's in your mother-in-law's? Because there are ways to hide those things. Unfortunately, I don't know them, partly because I'm ever-so-slightly older than 30, but mostly because the algorithm hasn't been invented yet for "Let certain people see some things but not the things that might embarrass them or me."

All I can recommend is that you book a day off work, make a big pot of coffee, or some other soothing beverage, and start rummaging around in Facebook's privacy settings.

You could also divide your friends into separate "Post to" groups, such that certain kinds of friends can see what others aren't allowed to. No, it won't be a short or easy chore, but you can't put a time-and-energy price on what your paranoia and OCD demands. So consider these categories:

- Most everybody except my mother-in-law
- Most everybody except those to whom photos of me in a bathing suit are off-limits
- Family and certain close friends who don't mind seeing photos of my pet/child/garden/dinner
- Exes and/or childhood bullies whom I want to trick into thinking that my life is a fabulous merry-go-round of parties, romantic escapades and career triumphs
- Potential employers to whom I want to appear professional, accomplished and sober

I have nothing against mothers-in-law and will happily adopt the role myself if necessary. And I heartily disapprove of dumb, misogynistic, sexist jokes about them. But the fact is, dear Anonymous, this particular breed of relative requires delicate handling, so it's best to just accept there's no easy answer, and no more Facebook freedom in your future.

The fact is, dear Anonymous, this particular breed of relative requires delicate handling

Need advice?
Email Ellen:
askellen@metronews.ca

ROSEMARY WESTWOOD

Ready or not, a new model of beauty standards is coming

Probably the most beautiful feed on Instagram is Lorde Inc.'s.

It features a steady stream of bare, untouched faces hued in the spectrum of humanity. Men and women and the gender-flouting. People who are completely non-uniform, save for defiant gazes. And defiantly non-white.

Lorde Inc. is a modelling agency, co-founded by Vancouver-born Toronto transplant Nafisha Kaptownwala, dedicated to people of colour. (It's named after Audre Lorde, the prominent black, lesbian, feminist poet.)

As far as Kaptownwala knows, it's the first of its kind in the world, and for two years it's been casting and promoting racial diversity in fashion, signing models that live outside the industry's strict preference for specifically proportioned white women and men. Some of its models are "too short" (one is five-foot-four), or "too tall," and while are all rarely seen on runways, or in mainstream magazines, some are taking notice.

Lorde Inc. models have worked for Adidas and graced the pages of Rookie, i-D and Dazed magazines. But despite some success in the U.K. (where Lorde Inc. was founded) and New York, Kaptownwala has found the mainstream Canadian market reluctant, at best.

When Kaptownwala first began to set up shop in Toronto late last year, she spoke with agents who told her "Canada is not ready for you."

"The Canadian fashion climate is BASIC, like basic, super basic," she said.

Naturally, she aims to change that.

She grew up in Vancouver, "in a mostly working-class, lower-middle-class neighbourhood," she told me when we met over the winter. Her best friends were in a crew of El Salvadorian, Hatian, Ethiopian, Filipina and Indian heritage.

"Everybody kind of came from the same experience of being second-generation, their parents being new migrants, and also kind of feeling estranged from this predominant white experience," she said.

But not till she got a job at an American Apparel in Vancouver's West End (her friends called it "White End") did she first feel exposed to racism. It gave her "this very real understanding of identity."

Lorde Inc. is one way she's seeking to re-establish the definition of beauty in our culture. "For me fashion is just an opportunity to create image, and put together ideas and visions that I like," she said.

Whether mainstream fashion magazines, Canadian companies or even luxury fashion houses are interested in those ideas and visions remains to be seen.

"We are providing models that are so different from what the industry is used to seeing," she said. "I don't really know if they're ready for us. I'm going to keep putting us out there."

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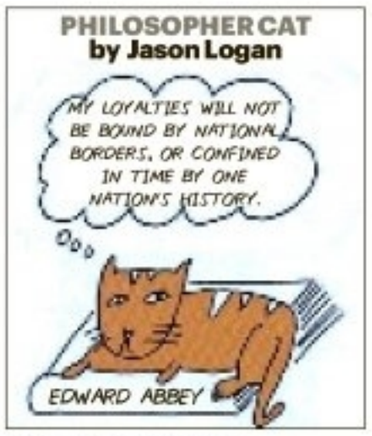

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metro LIFE

Your essential daily news

British edition of Vogue to mark its 100th anniversary with rare portrait of Kate Middleton

Driving a bus changed his life

NEW BOOK

Craig Davidson pens memoir of year with special needs students

Craig Davidson's new memoir Precious Cargo shows redeeming moments happen when you least expect them.
J.P. MOCZULSKI FOR TORSTAR NEWS SERVICE

Craig Davidson was a punctual school bus driver. He swears he was.

Up at 5:30 a.m. sharp to give bus 3077 its daily physical — check the engine and gauges, flick lights, adjust mirrors, thump tires and test the wheelchair lift.

Then right on time to pick up his special needs students on Route 412 and drop them at their Calgary schools before the bell.

Not like today, when he's so late he almost misses our interview. But if there's anything to be learned from Precious Cargo, Davidson's new memoir about his year as a school bus driver, it's that redeeming moments come when you least expect them.

His late arrival coincides with a fellow "knight of the road" parking her yellow school bus right in front of our meeting place after dropping kids for a field trip. She's delighted to talk shop. And Davidson gets the perfect backdrop for pictures.

It's the kind of random, everyday connection the Toronto writer brings to life in Precious Cargo, things you can't plan that land like small gifts.

The book explores the special bond that forms between one struggling adult and five students with physical and developmental challenges as they drive around together twice a day, five days a week, from September to June.

The journey, it turns out, is not just the one on the road.

Davidson took the job out of desperation at a low point in his life. It was 2008, he was 32, broke and flailing as a fiction writer when he found a flyer in his mailbox.

He was assigned a small special needs bus for kids in middle school and high school. His charges included a 16-year-old boy in a wheelchair who had cerebral palsy and others with conditions like autism and Fragile X syndrome.

Things slowly changed as he met his responsibilities day after day, listened and became a friend to his young charges.

"I'd been useful," he writes after one typical afternoon on the job. "It had been a while since I'd felt vitally so."

Davidson never planned to write about the experience, though he did alert parents early on that he was a writer. No one asked to switch buses. Names and identifying characteristics were changed in Precious Cargo.

Soon he was so struck by the "elliptical, hilarious, ever-shifting" conversations he overheard that started scribbling them down on gum wrappers and blank pages ripped out of his paperbacks.

He and the kids chatted about the stuff of life. But like him, they also had a passion for superheroes, sci-fi and flights of fancy. They made up the most colossal stories.

"They were a safety blanket of sorts to the kids, and that's what they became to me too," he writes.

"I felt snug and happy within the parameters of their tales."

Jotting down those exchanges was "like catching fireflies." Davidson took home the pieces and taped them on his wall.

He wanted to capture the kids' spirit, and all the nuances, good and bad, of their funny, compassionate and sometimes mean-spirited episodes.

They are voices too seldom heard.

People often ask what the students taught him. But Davidson chafes at the question. He just wanted to tell a story.

"Asking those kids to teach me anything is kind of not fair," he says.

"I think that's the danger of writing about children with special needs. You think they've got to be instilling some sort of deep lessons and giving you a better way to live your life."

When he was that age, "I was just allowed to be a kid."

Initially, he considered them teens like any others. Now he thinks not acknowledging differences — whether a wheelchair, being non-verbal, or a another way of processing the world — amounts to romanticizing.

The question is "what does it ask of us to accept those differences? Nothing."

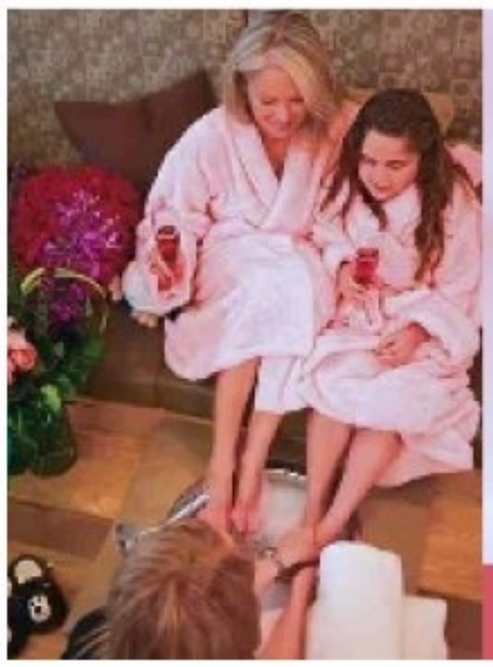
Those students are young adults now. Davidson keeps in touch with one of them. They all got manuscripts but who knows if they'll read the book.

Davidson, 40, now has a three-year-old son and a soaring career. His short story collection Rust and Bone was made into a film.

His novel Cataract City was shortlisted for the Scotiabank Giller Prize.

But his year on the school bus still looms large. His next book of stories includes one based on an event that happened on Route 412 — one that wasn't included in Precious Cargo.

TORSTAR NEWS SERVICE



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Malia Obama eyes gap year before college

TRANSITION

First daughter to take year off before heading to Harvard

President Barack Obama and daughter Malia make their way to board Air Force One last month. Obama has said he isn't ready for Malia to leave the nest. "She's one of my best friends," he told Ellen DeGeneres during an appearance on her talk show. GETTY IMAGES

President Barack Obama's daughter Malia will take a year off after graduating high school in June before attending Harvard University in 2017.

"The president and Mrs. Obama announced today that their daughter Malia will attend Harvard University in the fall of 2017 as a member of the Class of 2021," said a short statement issued Sunday by first lady Michelle Obama's office. "Malia will take a gap year before beginning school."

Harvard College, where Malia would enrol, encourages admitted students to defer for one year to travel, pursue a special project or activity, work, or spend time in another meaningful way. The student must not enrol in a program at another college that would grant them a degree.

Malia, the eldest of the Obamas' two daughters, is a 17-year-old senior at Sidwell Friends, an exclusive private school in the District of Columbia that helped educate another first daughter, Chelsea Clinton, in the 1990s. Malia's younger sister, Sasha, 14, is a freshman at Sidwell. Malia is set to graduate high school in June. She turns 18 on the Fourth of July.

Obama has spoken publicly about dreading the day when Malia leaves for college, and the decision for Malia to take a gap year could keep her closer to home as her family prepares for another major transition next year, leaving the White House and returning to normal life. Obama plans to live in Washington for a few more years so Sasha can finish high school. He still owns a home in Chicago.

The first lady has said Malia wants to be a filmmaker. Malia spent last summer in New York City interning on the set of HBO's Girls, starring Lena Dunham. She spent the summer of 2014 in California working as a production assistant on Extant, a now-cancelled CBS sci-fi drama that starred Halle Berry. Malia has also had internships at the Smithsonian's National Zoo in Washington.

The president turned down an invitation to speak at Malia's Sidwell graduation because he will be too emotional.

"I'm going to be sitting there with dark glass, sobbing," he told Ellen DeGeneres during an appearance on her talk show.

Obama grew up without his father, who was born in Kenya and is now deceased, and has spoken of his desire to be there for his kids. The bond between Obama and his children was readily apparent, as he often was seen holding hands with either daughter getting on or off the presidential aircraft or on the family's walks through Lafayette Park to attend services at St. John's Episcopal Church.

Malia joined her father earlier this month on a three-day trip that started at the University of Chicago Law School, where he once taught constitutional law, to discuss his stalled nomination of Judge Merrick Garland to the U.S. Supreme Court. From Chicago, they flew to Los Angeles and San Francisco, where the president attended fundraisers and played golf.

"Both of my daughters are wonderful people. Malia's more than ready to leave but I'm not ready for her to leave," Obama told DeGeneres.

"She's one of my best friends. It's going to be hard for me not to have her around all the time, but she's ready to go. She's just a really smart, capable person and she's ready to make her own way."

Malia visited at least a dozen public and private colleges during her search, mostly on the East Coast. Six of the eight Ivies were among them, including her parents' alma maters.

The president is a 1983 graduate of Columbia University, and Mrs. Obama graduated from Princeton in 1985. The president and first lady earned law degrees at Harvard.

Malia also checked out the University of California, Berkeley; Stanford; New York University; the University of Pennsylvania; Barnard; Tufts; Brown; Yale and Wesleyan.

THE ASSOCIATED PRESS

RELEASE

Northern life and lore focus of Arctic Comics

It was one of the most successful cultural exports from the North since someone suggested southerners might like those little carvings.

Thirty years after amazing and entertaining audiences at Expo 86, Arctic Comics with its mythological heroes, tall tales and meditations on what it means to be Inuit is back.

"There's no shortage of stories up here," said Nicholas Burns, one of the artists behind the 88-page, full-colour comic book being published this month.

The first Arctic Comics began almost as a lark when the Northwest Territories government realized it would need northern material to sell at its pavilion at Vancouver's world party.

"I put in a proposal saying I'll do up this comic and do up stories of Inuit past, present and future and they thought it was a great idea," said Burns, who was then living in Rankin Inlet, now part of Nunavut.

"I essentially self-published and sent them down and they sold like hotcakes."

The N.W.T. pavilion turned out to be one of the hits of the fair.

Eager visitors snapped up 60,000 copies of Arctic Comics.

"It was round-the-block lineups all the time."

The plan was to do it again for Expo 92 in Seville, Spain. But the team missed the publication window and Arctic Comics languished.

Until now.

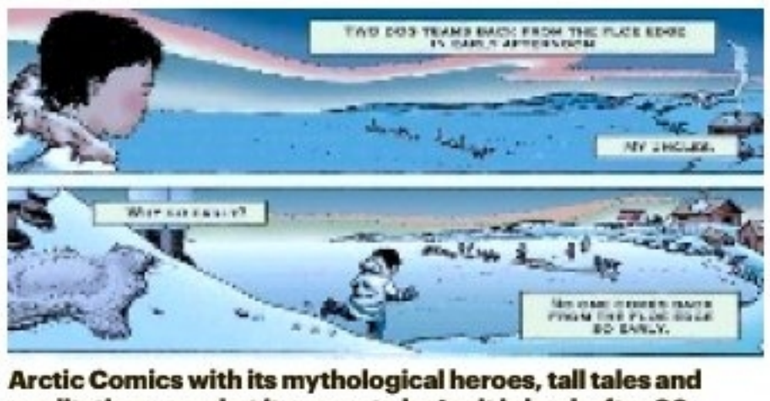
With the same past, present and future focus as the original, the new Arctic Comics features a trip with a legendary Inuit Ulysses in Kiviuq versus Big Bee. The fantastical adventure of the long-ago traveller, drawn from Inuit myth, was written by the late Jose Kusugakm, one of the founders of Nunavut, and illustrated by Germaine Arnaktauyok, who drew the drum dancer on the back of a special-edition toonie.

There's a romp entitled The Great Slo-Pitch Massacre and a science-fiction yarn called Blizzard House — aficionados will recognize artist George Freeman who drew Captain Canuck.

Dauntless RCMP Const. Lucy Puqittuq and her loyal dog Vincent make an appearance and the theme of southerners inventing their own version of the North comes in for some teasing in Film Nord.

THE CANADIAN PRESS

> **There's no shortage of stories up here**
> Artist Nicholas Burns



Arctic Comics with its mythological heroes, tall tales and meditations on what it means to be Inuit is back after 30 years. THE CANADIAN PRESS HANDOUT

MONEY ADVICE

Stop focusing on good credit score, start focusing on debt

Gail Vaz-Oxlade
For Metro Canada

In days of yore when savings was a thing, people measured their financial well being by how much money they had, less how much money they owed: their net worth. Now everyone is hopped up on the credit score.

I don't have the highest possible credit score. Does that surprise you? Depending on whom you ask, scores top out anywhere between 850 and 900.

I'm sitting somewhere in the 700s. Is it because I'm a bad credit risk? Well, if you measure me in terms of "profitability" which the credit score is designed to do, the answer is a resounding yes.

You should understand how a credit score is calculated and the extent to which it is based on you doing the wrong thing with your credit. The very things that give you a high score — that make you a profitable customer — are completely counter to sound money management.

I pay off my balance in full every month, which actually lowers my credit score. Despite the fact that I zero my card every month, the credit scoring system penalizes me if it randomly checks my credit utilization and I'm up too high.

No one can predict the exact point when the credit scoring system checks a balance, so if I'm close to my limit just before I plan to pay off my balance I'd lose points big-time.

So what is "credit utilization?"

Under the credit scoring rules you should never have a balance that's more than 30-50 per cent of your credit limit.

The credit-to-debt ratio (or credit utilization) is calculated like this: Debt Used ÷ by Available Credit x 100 = Debt Load

So if I'm carrying a $1,200 balance on a credit card with a limit of $2,000 my calculation looks like this: $1,200 ÷ $2,000 x 100 = 60 per cent.

Despite the fact that I pay my balance off in full every single month, I'll get dinged on my credit score. This credit utilization thing is designed to make people carry credit limits in the stratosphere. Since you never want to come close to your limit, you better accept all the rope lenders are willing to hand you.

Credit scores also reward you for using different types of credit: credit cards, lines of credit, loans.

Limit the amount and type of credit you use and your credit score drops. I don't use my credit cards for anything other than convenience. I don't borrow money to buy shite I don't need to impress people I don't know.

But since lenders want me to make full use of their wide range of products, they'd give me more points for using a variety of credit, which actually works against my best interests.

Once upon a time we measured and rewarded financial sustainability. We threw that out the window when the easy-peasy credit score came along and lazy lenders didn't have to look at your character, capacity to repay, or credit history.

Quit chasing a high credit score. Focus on managing your money smartly.

For more money advice, visit Gail's website at gailvazoxlade.com

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'There really are opportunities'

WHY I LIKE MY JOB

Lauren Lake, 24
Kitchener, Ont.
Co-Founder and Chief Revenue Officer, Bridgit

I didn't take a typical engineering job, but I still use a lot of my engineering skillset. Bridgit is a software company focused on the construction industry, so we interact with civil engineers or people from that background.

But then on the sales side, I approach it from a very mathematical point of view. It's been a lot of experimentation, figuring out exactly how to build the sales model. In a lot of ways, it's very similar to solving a big engineering problem.

One of the biggest things I've learned is to look for opportunity everywhere. When I was graduating school, this wouldn't be the most obvious career path — I'm focused on sales, and it's a start-up.

It's not a traditional engineering job, but it still uses my education in a lot of ways. To people who are graduating, I would say to look for opportunities no matter what path they're down, because there really are opportunities everywhere, and not just in one specific field.

THE BASICS: Civil Engineer

$82,000

Median wage of people working as civil engineers, according to George Brown College's Career Coach tool. The average entry-level salary for Civil Engineers is **$53,000**. Eventually civil engineers may make as much as **$122,000** a year, and can earn even more as company owners or directors.

Steady

The growth forecast expected in this field over the next four years

Data for this feature was provided by georgebrown.ca, Ontariocolleges.ca, Ryerson.ca, uwo.ca, and servicecanada.gc.ca.

HOW TO START

- Civil Engineering Technology, Advanced Diploma
- Civil Engineering Technician, Diploma
- Construction Engineering Technician, Diploma
- Bachelor of Civil Engineering, Degree
- Bachelor of Engineering Science, Degree

WHERE YOU CAN GO

A background in Civil Engineering can lead to a variety of engineering careers, including bridge building, hydraulics, sanitation, public works, transportation, geomatics, highway construction and environmental consulting.

NEXT CAREER STEP

Several management options are open to civil engineers; entrepreneurial engineers may want to brush up on their business skills before launching their own company, while research-oriented types can consider pursuing a Master's or Ph.D. METRO

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It's time to act on mental health

CMHA CAMPAIGN

Association wants to turn awareness into action

Jason Menard

This year marks the 65th anniversary of Canadian Mental Health Week. But instead of considering retirement, the week is more relevant than it ever has been — and this year's focus on the senior age group is reflective of the growing need for awareness and understanding.

"In the early days, Canadian Mental Health Week focused on serious and persistent mental illness," explained Dr. Patrick Smith, the national chief executive officer of the Canadian Mental Health Association. "We're broadening the perspective of the continuum of mental health. This is why we chose seniors as the main theme for this year's campaign. If you are a senior with mental health issues, it's much harder to deal with them. They have internalized stigma about mental illness and they have to deal with their peers and their own attitudes and behaviours."

1 in 5

One in five Canadians has some form of mental illness.

One in five Canadians has some form of mental illness, Dr. Smith explained. And while that number is dramatic in its own right, the prevalence is even greater within the senior community.

"If the ratio is one in five amongst Canadians as a whole, with seniors it's one in four. But they're less likely to come forward and discuss this with their general practitioner or their friends because of that internalized stigma," Dr. Smith explained. "They have more of the natural triggers and stressors — they're at the age where they're experiencing loss, such as the loss of loved ones; and they have existential issues, like dealing with retirement and their own mortality."

Seniors are more likely to struggle with mental illness due to internalized stigma. ISTOCK

Canadian Mental Health Week runs from May 2 through May 8 and features events and activities across hundreds of communities, including art shows, film screenings, seminars, and awareness walks designed to provide Canadians with information, resources, and tools to stay mentally and physically healthy all year.

Not only does this year mark the 65th anniversary of Canadian Mental Health Week, but 2018 sees the 100th anniversary of the Canadian Mental Health Association. The goal is to put awareness into action.

"As the World Health Organization says, without mental health there is no health. We're working towards a full year where we're focusing on raining awareness of diagnosed mental illness," he said. "Our goal is to move this from talking about it to acting upon it. That's why the theme is 'Get Loud.' We want to see workplaces embrace it. Our goal is to have practical tools being used. A growing number of organizations are proactively getting loud about mental health. You're going to see venues like the CN Tower and Niagara Falls turning green in support of Mental Health Week.

"The focus is on practical solutions. Canada is one of the lowest when it comes to our proportion of health care funding going towards mental illness amongst G8 nations. We would never have a society that's happy with hospital wait times being amongst the lowest in the G8, so we shouldn't be satisfied with our mental health performance. If we're talking one in five people, then everyone's affected. We have to make practical changes."

For more information on Canadian Mental Health Week, visit mentalhealthweek.cmha.ca.

MIND YOUR MIND

Youth lead in sharing and caring

Youth are leading the way in regards to changing attitudes towards and acceptance of mental health issues amongst their own demographic. And while there is still much that can be done to support youth with mental health issues, there's a strong foundation of support created by the community itself.

"Youth often reach out to each other and learn from peers who have gone through similar situations," explained Melissa Taylor-Gates, program manager at mindyourmind.ca. "They work together and build solutions together — it very much speaks to the resiliency of youth."

Mindyourmind is a non-profit mental health program encouraging youth, emerging adults, and the professionals who serve them to co-develop reliable and relevant resources, with the goals of reducing the stigma associated with mental illness and increasing access and use of community support mechanisms.

It's all part of an attitudinal shift that sees Canada's youth leading the way in acceptance, understanding, and support of mental health issues.

"It's almost like gay rights — if you go to a high school today, they'll say, 'What's the big deal?' But if you went to a high school in my grandparents' day it was a big deal," added Dr. Patrick Smith, the national chief executive officer of the Canadian Mental Health Association. "Today's generation are growing up with much more awareness. There are special programs in schools to help deal with this."

Young Canadians are at the forefront of a shift in attitudes towards mental health. ISTOCK

Taylor-Gates pointed to youth supports in schools like quiet rooms, animal therapy, and other techniques to help students address mental health issues. However, these are not uniform and she added there's a need for increased funding and staffing of these efforts.

"In post-secondary, you can go to get mental health support during a particularly stressful semester, only to find out that you're on a one-month waiting list," she explained. "By then your semester may be over, or how do you know you'll still need support then?

This can be compounded by youth slipping through the cracks as they transition from youth services to adulthood. "A lot of people get dropped or they're not ready for the transition," she added. "The system is not working for them in the way they need. And there are often financial barriers that prevent people from getting support."

For youth looking for support, Taylor-Gates said mindyourmind is a great place to start, also referencing services like Kids Help Phone, which provides 24/7 support for youth through to young adulthood.

"We have a whole section about getting help — how to seek help, who to speak with, how to get ready for an appointment because that can be stressful if it's your first time," she said, adding that mindyourmind has a mobile app called Be Safe, which is currently supported in Ontario but will soon be extended out of province.

For more information, visit mindyourmind.ca. JASON MENARD

CMHA'S 65TH ANNUAL MENTAL HEALTH WEEK | MAY 2-8, 2016
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First time at camp a good kind of stress

ISTOCK

Last September, your baby started school and now that summer is approaching, he or she will begin day camp for the first time and will, again, have to adjust.

While you may be a bit worried, one of Canada's leading non-punitive parenting and education experts says the stress of being a first-time day camper isn't necessarily a bad thing.

"Children are very resilient," says Judy Arnall, author of Parenting With Patience. "Encountering something new like day camp brings positive stress for a child. They are anxious, but once they have gone and made friends, they have accomplished something and are glad they did it."

While Arnall says the anxiety isn't dangerous, she does recommend that parents not gloss over it. Rather, she says, offer your child some useful tips for overcoming the feeling such as deep breathing and thinking positively about new adventures and friends. She also says preparing your child by explaining the day camp structure will help to ease worries.

"The more prepared children are on what to expect, the better the experience," she says. "They want to know what to bring, wear and eat. If the parents can set up a chance to visit before the actual camp date, this will help alleviate fears."

Once your child actually starts camp, Arnall says to be aware that he or she may experience some initial separation anxiety. Because each child is different it is difficult to pinpoint how long that may last but she says not to give up on the idea of day camp too quickly.

"Parents can listen and acknowledge how the child feels, but may still wish to keep them enrolled," she says. "Brainstorm some coping strategies with the child. If the child has given it a couple days and really, really hates it, let them quit. But if you, as the parent, think that they will adjust, and they have in the past, then encourage the child to keep going."

Another way to ensure your child's transition to day camp is a smooth one, says Arnall, is to avoid asking the minute details of what happened at camp and trust your parenting instincts.

"Parents will notice if the child had a good time or not if they are looking forward to the next day," she says. "You could ask the best and worst moment of the day and get an idea of how it is going."

Camp experience the same for all children

The camp day experience is a summer tradition for most kids — and that should be no different for children with disabilities, says the executive director of North Shore Disability Resource Centre (NSDRC) Association, an organization that provides programs and services to people with disabilities, their families, caregivers and supports.

"Kids with disabilities want to be treated like all other kids," says Barnett, based in North Vancouver. "Children have the right to attend as many fun activities as any other kid. Communities should be banding together to ensure that happens."

Barnett says while access does vary province-to-province, among the first steps in putting a special needs child in day camp is to determine if he or she is ready and then to find the right fit.

"Talk to other parents or your child's school and see what ideas they have for camps," she says. "Also, do research to see the type of relationships the camps have with families and if they are highly thought of."

Kathleen Jessop is the director of community-based services at NSDRC, which also connects families with camps. She says families can choose either an integrated camp with non-special needs kids or a specialized option — depending on the child's needs.

"Each parent is going to know their child," she says. "The kids really drive the type of camp their family is putting them into but I find that often families who choose the more segregated camps also go with rec programs. Talk to the camp coordinators and let them know who your child is and ask if they think it is the right fit."

Adds Barnett, "You have a range of parenting styling, a range of disabilities and various philosophies. When families are looking, they also need to consider all of that in their decision."

ISTOCK

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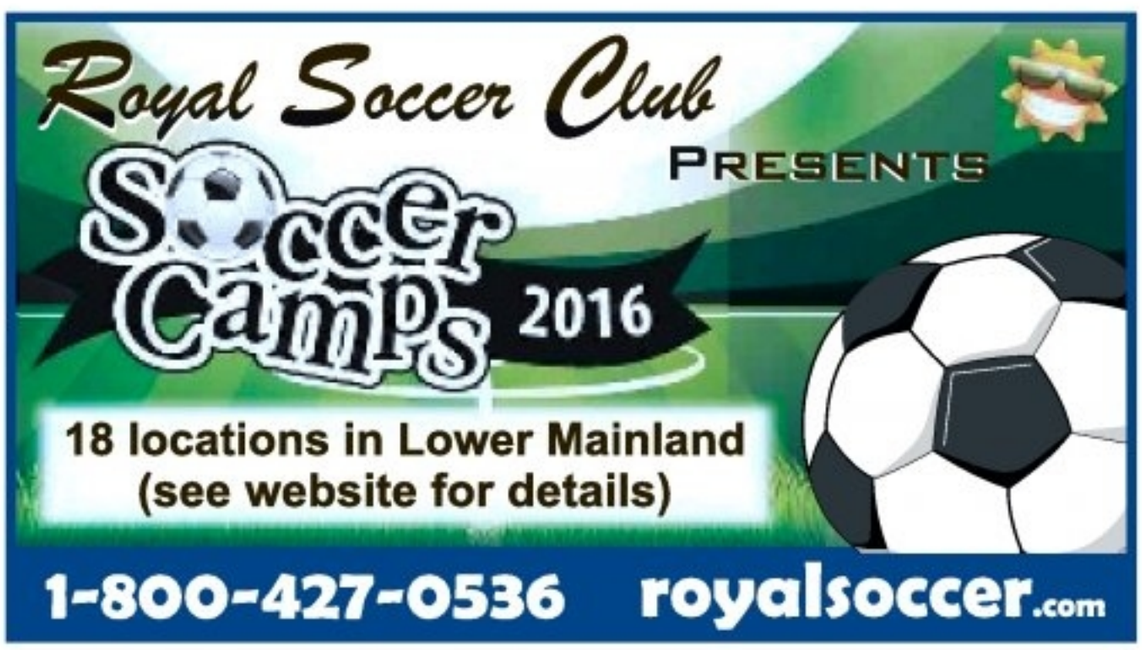

metro SPORTS

At 120th overall, the New Orleans Saints made Manitoba Bison David Onyemata the lone Canadian to go in the NFL draft over the weekend

Battle is on for the Lions' third-string QB position

CFL

Spot on depth chart likened to 'revolving door'

Greg McGhee knows he isn't safe.

The 23-year-old finished last season as the No. 3 quarterback for the B.C. Lions, an accomplishment to be sure in his first CFL campaign, but also a position that by no means guarantees him a job in 2016.

Head coach and general manager Wally Buono has a history of cutting young QBs who don't take a significant step forward in their second training camp, a trend McGhee was made well aware of soon after his arrival.

"A couple guys were telling me last year that the No. 3 quarterback is like a revolving door," said McGhee. "It just keeps circling around with different guys. I did everything I possibly could in the off-season to prepare."

B.C. cut Travis Patridge — No. 3 on the depth chart in 2014 — prior to last season, keeping McGhee and fellow rookie Jonathon Jennings.

McGhee suited up for 10 games in all, seeing most of his limited action in short-yardage situations, but also watched as Jennings rocketed to the starting role with veteran-like composure following injuries to Travis Lulay and John Beck.

It's a scenario McGhee said keeps him motivated and prepared.

"We all were in the same meeting room," said the Pittsburgh native. "We did everything the same and (Jennings) got his opportunity and took it and ran with it. Opportunities can happen for anyone. You've just got to be ready for it."

The six-foot-three, 208-pound Howard University product was among a group of predominantly first- and second-year players taking part in the Lions' recent two-day minicamp at their practice facility ahead of the main camp at the end of the month in Kamloops.

Jennings is currently slotted in at the top of the depth chart followed by Lulay. After that, things get a little murky.

"Everybody knows there's jobs at stake," said Buono. "One of the things I mentioned to the players is we want to improve our football team. One of the ways you improve is by bringing in better players who compete. Greg McGhee is going to compete."

Another one of those players brought in is fellow quarterback Keith Price, who signed with the Lions this winter after spending last season with Saskatchewan.

The 24-year-old from Los Angeles dressed for 13 games with the Roughriders in 2015, but only saw action in the final three, completing 32 of 50 passes for 407 yards with three touchdowns and one interception.

"I'm just here playing my role, trying to better myself so I can better the team," said Price, who played at the University of Washington in Seattle. "I have high, high, high expectation for myself.

"The only competition is me. It's competing with myself day in and day out. I know it's cliche, but it's being the best that I can be and studying and making sure I'm preparing as a starter." THE CANADIAN PRESS

Quarterback Keith Price, pictured as a member of the Roughriders, signed with the Lions this past winter. GETTY IMAGES FILE

> **We want the guys to compete at all positions. We don't want anything to be given.**
> Wally Buono

NHL

Leafs land No. 1 pick, Canucks draft 5th

Six. Eight. Five. Thirteen.

It was that sequence of four numbers, the 162nd of 200 randomly assigned combinations, that won the Toronto Maple Leafs the draft lottery on Saturday night. Toronto, which finished 30th overall this season, had the best odds (20 per cent) of winning the lottery and will pick No. 1 overall for the first time in 31 years.

Maple Leafs president Brendan Shanahan declined to say who the club was prepared to select with that pick, though he said the team had a pretty good idea already. American centre Auston Matthews is widely seen as the top available prospect.

"I'll just say that our scouts were very pleased with tonight's results," Shanahan said shortly after the lottery's conclusion.

The Winnipeg Jets proved the second big winner after Toronto, jumping four spots into No. 2 overall.

The Jets entered the draft lottery with the sixth best odds (7.5 per cent) of landing the No. 1 pick. While they didn't land the top pick, they jumped ahead of the Columbus Blue Jackets, who have the rights to the third pick, as well as Canadian clubs in the Edmonton Oilers, Vancouver Canucks and Calgary Flames, rounding out the top six.

THE CANADIAN PRESS

NHL PLAYOFFS

Blues captain steers team to OT triumph

Blues captain David Backes scored off a rebound during a power play 10:58 into overtime and St. Louis beat the Dallas Stars 4-3 in Game 2 on Sunday to get even in the second-round series.

St. Louis was on its second power play of overtime after Antoine Roussel was called for interference.

Vladimir Tarasenko took a slapshot that defenceman Alex Goligoski blocked. But the Blues kept charging and Backes scored on the rebound of Alexander Steen's shot.

The series matching the Western Conference's top two teams switches to St. Louis for Game 3 on Tuesday night.

THE ASSOCIATED PRESS

GAME 2 in Dallas

4	3
BLUES	STARS

SOCCER IN BRIEF

Whitecaps cave in N.Y.C.
David Villa struck twice as New York City FC held on for a 3-2 victory over the Vancouver Whitecaps on Saturday.

Steven Mendoza scored the winner for New York City in the 73rd minute, just 10 minutes after the Whitecaps tied the game at 2-2.

Scoring for the Whitecaps were Octavio Rivero — just 37 seconds into the match — and Christian Bolanos.

THE ASSOCIATED PRESS

Leicester whiffs on its first chance to clinch title
Leicester missed its first chance to clinch the Premier League title, drawing 1-1 at Manchester United on Sunday to move within two points of the unlikely championship.

Second-place Tottenham, which is eight points behind Leicester, must beat Chelsea on Monday to keep alive the title race.

Anthony Martial scored for Man United, while Wes Morgan headed in a goal for Leicester. THE ASSOCIATED PRESS

NHL PLAYOFFS

Sharks take care of home-ice advantage

Joe Pavelski scored the tie-breaking goal with 2:40 left in regulation and Martin Jones stopped 36 shots to lead the San Jose Sharks to a 3-2 victory over the Nashville Predators on Sunday night and a 2-0 lead in their second-round playoff series.

Logan Couture added a power-play goal and Joe Thornton scored an empty-netter to put the Sharks in control as the series shifts to Nashville for Game 3 on Tuesday night.

Mattias Ekholm tied the game earlier in the third and Ryan Johansen also scored — with 3.6 second remaining — for Nashville.

Pekka Rinne made 21 saves.

THE ASSOCIATED PRESS

GAME 2 in San Jose

3	2
SHARKS	PREDATORS

Pacers put aside

RAPTORS INDIANA ELIMINATED

GAME 7 At ACC

89 | 84

DeRozan's 30 points push Toronto on to series vs. Miami

The Toronto Raptors have finally erased all the heartbreak of playoffs past.

DeMar DeRozan poured in 30 points as the Raptors beat the Pacers 89-84 in Sunday's Game 7, winning their best-of-seven opening-round series against Indiana.

The series win was just the second in Toronto's 21-year franchise history.

They will face the Miami Heat in the Eastern Conference semifinals, with Game 1 on Tuesday in Toronto.

Rookie Norman Powell had 13 points for Toronto, while Patrick Patterson and Kyle Lowry had 11 apiece.

Paul George led Indiana with 26 points.

Outside, thousands of Raptors fans braved the chilly weather to watch the game on the giant screen in Maple Leaf Square. The Raptors' only previous playoff series victory came way back in 2001, when they knocked off the New York Knicks in a five-game series. After last year's four-game debacle at the hands of Washington, they've played under heavy expectations. THE CANADIAN PRESS

DeMar DeRozan and Paul George take a moment after Game 7 on Sunday in Toronto. NATHAN DENETTE/THE CANADIAN PRESS

NBA PLAYOFFS

Buzz kill: Heat move past Hornets

Goran Dragic scored 25 points, Gerald Green added 16 and the Miami Heat emphatically ended Charlotte's season Sunday, beating the Hornets 106-73 in Game 7 of their Eastern Conference first-round series.

Hassan Whiteside added 10 points, 12 rebounds and five blocks in the clincher for the Heat, who have won their last four Game 7s — each of the previous three coming along the way to winning NBA championships. THE ASSOCIATED PRESS

Goran Dragic GETTY IMAGES

IN BRIEF

Thompson delivers for short-handed Warriors

Klay Thompson scored 37 points in another brilliant performance as fellow "Splash Brother" Stephen Curry watched injured, and the Golden State Warriors again dominated without their MVP to beat the Portland Trail Blazers 118-106 Sunday in the opener of the Western Conference semifinals. THE ASSOCIATED PRESS

Curry back on the court

Stephen Curry has resumed light shooting without movement on his injured right knee with the hopes he can get into scrimmages by later next week, perhaps in time to be ready for Game 3 of the Golden State Warriors' Western Conference semifinals at Portland. THE ASSOCIATED PRESS

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RECIPE Zucchini Noodles with Sesame Almond Sauce

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You can make "zoodles" with a fancy spiralizer but if you don't have one, no worries. Grab a vegetable peeler and make ribbons from your zucchini instead.

Ready in
Prep time: 15 minutes
Total time: 20 minutes

Ingredients
- ½ cup smooth almond or peanut butter
- 3 Tbsp soy sauce
- 1 Tbsp sugar
- 1 tsp sesame oil
- 1 Tbsp lime juice
- 2 Tbsps water
- salt and pepper to taste
- ¼ cup almonds or peanuts, chopped fine
- 1 Tbsp vegetable oil
- 3 small zucchinis, spiralized or ribboned
- ½ cup green onions, thinly sliced
- ¼ cup cilantro, chopped

Directions

1. Whisk together the nut butter, soy sauce, sugar, sesame oil, lime juice and water until everything is well combined. Taste before adding salt and pepper. Stir in nuts.

2. In a large pan, warm up the vegetable oil. Add the zucchini noodles and toss around over the heat for a minute or two. You're just warming them up and softening them ever so slightly. Turn off the heat and pour your sauce over top. Toss until all the noodles are coated.

3. Serve in bowls and top with green onions and cilantro.

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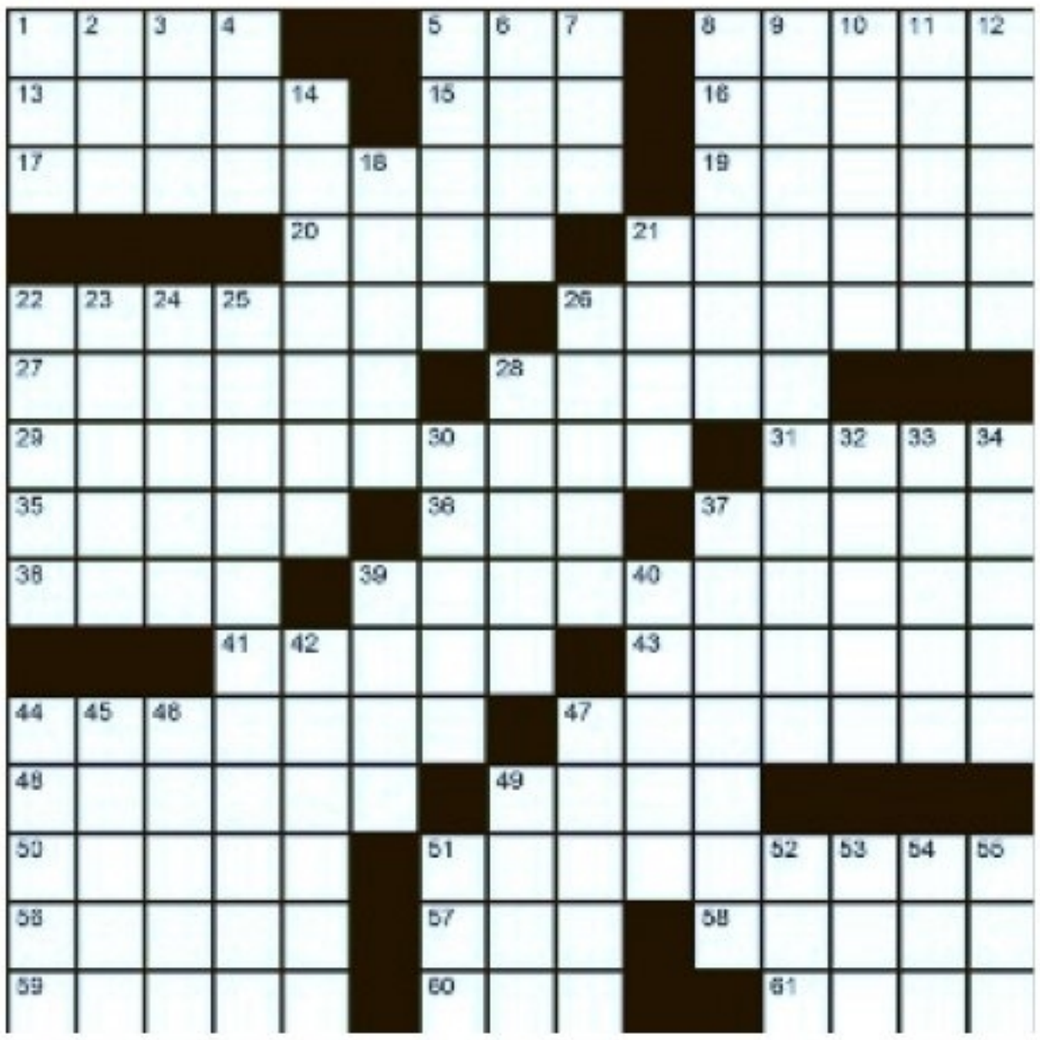
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Nile wader
5. Mila Kunis' hubby ...his initials-sharers
8. Helps the wrongdoer
13. Lifeboat lowering crane
15. Mr. Bachman
16. Space: Major and Minor
17. Niche market offering
19. Gambles
20. Singer, Jason __
21. People/organizations
22. California newspaper, commonly: 2 wds.
26. "Quentin __ M.P." (Vintage CBC show starring Gordon Pinsent)
27. Mythical handsome guy
28. Mythical season goddesses
29. 2016's theme, as per #37-Down... Manus x Machina: Fashion in an Age of __
31. Sci-Fi speed
35. Songwriter Ms. DioGuardi's
36. Sundial number
37. Tyler Perry character
38. "Superman" (1948) star Kirk
39. Bride's aisle decorations: 2 wds.
41. Faze
43. Listed, say
44. Dental complaint
47. Ungrateful one
48. Persists
49. Gull-like bird
50. Seaport of Israel
51. Movie ticket purchaser's request: 2 wds.
56. Upward
57. Blueberry dessert
58. Detest
59. Strained
60. "Vasoline" gr.
61. Folk tale character Ali

DOWN
1. Egos and __
2. Bread roll variety
3. 'Impress' suffix
4. As written
5. Sky's supporter
6. Edmonton Oilers owner Daryl
7. Fox's characteristic
8. Member of Canadian superheroes team Alpha Flight aka Jeanne-Marie Beaubier
9. Town in Nova Scotia that sounds like a Simon & Garfunkel tune
10. Mother in Eugene O'Neill's play Ah, Wilderness!
11. Reserved
12. Snake's snarls
14. Shania Twain's hometown in northern Ontario
18. "You __ Beautiful" by Joe Cocker
21. Entomb
22. Mechanic on "Taxi"
23. "Let's Make __"
24. "I'm not going __ __." (This is happy news, so I'll smile instead)
25. How a suspect is escorted to the police car: 2 wds.
26. Stray calf, variantly
28. Raise
30. CFL-ers in BC
32. "Battlestar Galactica" commander
33. Rent again
34. __ __ deux (Duet's dance)
37. Celebrity costume-inspired fashion event in New York City each Spring: 2 wds.
39. Mr. Tamblyn of "West Side Story" (1961)
40. Betty Grable, famously
42. Get the drink to fizz
44. Nirvana-attaining Buddhist
45. Bluesy street in Memphis, Tennessee
46. Offshoot
47. Michael McDonald's "__ Forgettin' (Every Time You're Near)"
49. Vexed state
51. Photo __ (PR events)
52. Reflux
53. "Hunting High and Low" '80s band
54. Bawl
55. Baseball pitcher's stat.

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
"It was Monday. It was Monday all day." Doubts you have this morning will fade away by the afternoon when you see how something actually can be done. Whew!

Taurus April 21 - May 21
This morning you don't have the funds or the support from others that you need. Then later in the day, voila! Your solution appears!

Gemini May 22 - June 21
Don't be discouraged if authority figures rain on your parade this morning. Later, you will find a way to do things anyway. (Count on this.)

Cancer June 22 - July 23
Avoid important discussions with partners, parents and bosses this morning. Their response will be, "Talk to the hand." Later in the day, though, things are much better.

Leo July 24 - Aug. 23
You might be disappointed by your share of something this morning. Things might look bleak. Fear not, because later in the day, you see how to improve matters.

Virgo Aug. 24 - Sept. 23
Dealings with others won't be easy this morning. Avoid domestic arguments, especially with older relatives. (Fortunately, this day improves as it wears on.)

Libra Sept. 24 - Oct. 23
This morning is a poor time to talk to bosses or to ask for permission at work. However, if you wait until the afternoon, you might get your way. Timing is everything.

Scorpio Oct. 24 - Nov. 22
Children will be an increased responsibility this morning. Just suck it up, because it's a fact that burdens and responsibilities are part of this picture. Later in the day, life is easier.

Sagittarius Nov. 23 - Dec. 21
Avoid important discussions with family members this morning, especially females. People are grouchy. However, you will see ways to make home improvements later in the day.

Capricorn Dec. 22 - Jan. 20
Don't listen to your worries this morning. Things are not as bad as they seem. In fact, by the afternoon, you will see ways to improve many things around you.

Aquarius Jan. 21 - Feb. 19
You might feel broke this morning. (Join the club; we number in the millions.) Late in the day, you will see new ways to make money or new uses for something you already own.

Pisces
Feb. 20 - March 20
Discussions with authority figures first thing this morning are a bad idea. Avoid parents, bosses and teachers if you can. Later, a powerful friend might help you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	8		2		1			
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						7		

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7	3	4	1	2	9	6	5	8
8	2	1	6	5	3	4	7	9
6	9	5	8	7	4	3	2	1
2	5	7	4	3	8	1	9	6
9	4	6	2	1	7	5	8	3
3	1	8	5	9	6	2	4	7

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